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SPINACH IN WARTIME MEALS

Vitamin-mineral-rich spinach is included in the green and yellow vegetable group of the "basic 7" food groups from which we should eat something every day. Vegetables in this group are especially rich in Vitamin A needed for normal eyesight in dim light and important for growth, healthy skin, and to help build up resistance to infection. The greener the color of the vegetable the richer in this vitamin. You can store Vitamin A in your body so take advantage of the current abundance of spinach to add to your Vitamin A bank.

HOW TO COOK SPINACH - To get all the good from spinach use it fresh--the fresher the better. Care in washing and cooking will help make it popular with the family. Pick over the spinach, discard wilted leaves, cut off stem ends and wash in several waters. Instead of draining the water off the spinach, lift it up and out of the water so that sand and grit settle. Cook spinach covered in the water which clings to the leaves until just tender -- about 10 minutes. Serve at once in its own juice or use the juice in soup or a vegetable cocktail.

SOME WAYS TO SERVE SPINACH - Serve spinach plain, or chopped, with onion or lemon juice. Combine spinach with eggs - another food on the plentiful list - to make a variety of tasty main dishes with eye appeal. Serve spinach raw in salads, or use it to make a delicious cream soup for lunch or dinner. Spinach may be panned -- an easy top-of-stove way to cook this vegetable. It is also especially good in a vegetable loaf. Try these favorite spinach recipes:

Spinach Omelet - To make an omelet that is "different" add drained and finely chopped cooked spinach to the egg mixture before cooking. Or spread the cooked vegetable on the top of the omelet after it has set but before it is rolled onto a hot platter to serve.

Cream of Spinach Soup - Heat 1 quart of milk in a double boiler. Blend 2 tablespoons melted fat and 2 tablespoons flour. Add a little hot milk, stir until smooth, and mix with the milk in the double boiler. Add  $1\frac{1}{2}$  teaspoons of salt and 2 cups finely chopped raw spinach. Stir until thickened, cover, and cook about 10 minutes. (serves six)

Panned Spinach - Melt the fat (2 tablespoons to a quart of vegetable ready for cooking) in a heavy flat pan. Add the spinach and cover tightly. Cook slowly until the spinach is tender but not mushy. Stir as necessary to keep the spinach from sticking to the pan. Season to taste and serve. Drippings from roast meat, sausage, salt pork or bacon, go especially well as the fat for this dish. Vary the flavor by adding a bit of chopped onion. (Serves six)

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